



The Idaho Department of Health and Welfare Injury Prevention Program, in conjunction with district health departments, offers you the Fit and Fall Proof program designed for older adults who want to improve their health and reduce their risk of falling.

Functional fitness is the primary theme for the Fit and Fall Proof program. This will help the older adult maintain an independent, freely functioning lifestyle. Muscle strength and flexibility play a primary role in balance and maintaining physical activity.

Regular muscular strength transfers into maintaining vitality - lifting a grandchild for a hug, getting out of a chair with ease, or climbing stairs without puffing. The exercises on the the following pages will help you gain strength and flexibility so you can stay active.

Get Fit and Prevent a Fall! Fun Exercises for Seniors





Neck Side Stretch

- Slowly tip head to the left while pressing right shoulder down
- Hold 10-30 seconds, 3-4 times on each side
- Repeat, tipping head right



Side Pushes (Sitting)

- Begin with left arm extended at shoulder, high and to the right (across your body)
- Right arm bent at elbow next to your side
- Switch positions with right arm extending to the left side in a punching action, and left arm bending
- 4-10 times on each side



Ankle Circles

- Sitting with both feet flat on ground, pick right foot off the ground, and circle the ankle clockwise 6 times
- Circle the ankle 6 times counterclockwise
- Switch and repeat for left ankle

Variation: Write your name on the floor with your big toe



Leg Extensions

- Lift and straighten right leg forward, and touch right heel to ground
- Bring right leg back and set foot next to the left foot
- Repeat 6-8 times with right leg then repeat with left leg. Repeat 2-3 more times on each leg

Variation: You may touch toe to ground instead of heel



Marching

- Begin in sitting position with both arms bent 90 degrees
- Raise right knee 45 degrees to the front
- Set right leg down and raise left knee to the front 45 degrees
- When right knee is raised, left arm is moved forward, and right arm moves backward (like marching)
- Repeat, alternating legs for 30-60 seconds

Precautions: Modify height the knee is lifted, if needed



Chair Stands

- Sit at front edge of chair with arms crossed over chest **or placed on thighs**
- Stand up completely and sit back down
- Repeat 4-8 times

Fit Note: It may be more beneficial to perform this exercise slowly and for a longer period of time to increase muscle strength and endurance



Head Turn Neck Stretch

- With shoulders back and down, turn head to the right towards right shoulder
- Repeat, turning head left
- Repeat 6-8 times on each side



Ankle Pumps (sitting or standing)

- Pull toes towards your nose at the ankle without moving lower leg
- Push toes down like stepping on the gas peddle
- Repeat on the other foot
- Repeat 6-8 times on each foot



Side Pushes (Standing)

- Begin with left arm extended at shoulder, high and to the right
- Right arm bent at elbow next to your side
- Switch positions with right arm extending to the left side in a punching action, and left arm bending
- Your body should twist slightly at the waist when reaching across
- Repeat 4-10 times on each side in an alternating fashion



Standing Heel Raises

- Stand, holding onto a sturdy chair or wall, if needed
- Rise up onto the toes as high as possible while keeping leg straight
- Pause and slowly lower to starting position
- Repeat 4-10 times on each leg

Fit Note: Exercise may be performed using both feet at the same time

Advanced Variation

Perform exercise without holding onto chair or wall



Arm Circles

- Circle arms (palms face up) counter-clockwise and then clockwise
- This time in a larger circle, ending with arms extended out
- Repeat for 30-60 seconds



Marching in Place

- Begin in a standing position
- Raise right knee 45 degrees to the front and arms extended
- Set right leg down and raise left knee to the front 45 degrees
- Repeat for 30-60 seconds, alternating legs

Precautions: Modify height the knee is lifted if needed

Forward Shoulder Rolls
(pictures not available)

- Stand or sit with feet slightly wider than shoulder width apart
- Roll the shoulders 8-10 times slowly in a forward motion (arms down by side)

Backwards Shoulder Rolls

- Stand or sit with feet slightly wider than shoulder width apart
- Roll the shoulders slowly 8-10 times in a backwards motion (arms down by side)

**Arm Across**

- Extend right arm to front and cross toward the left at shoulder height
- With left hand gently grasp right arm above the elbow, pull it toward the left side
- Hold 10-30 seconds
- Switch and repeat for left arm



Arm Rotation with Toe Taps

- Extend arms out to side at shoulder level
- Rotate palms up and down while tapping toes on one foot.
- Repeat on other leg
- Repeat 10-30 seconds on each foot



Stork

- Shift weight to one foot while looking ahead at an immovable object
- Lift other knee, level with floor
- Lift arms to shoulder level
- Lift leg no longer than 3 seconds

Fit note: Start holding onto chair or stable object and only lift the knee if needed

Variation: Bring arms forward, and hold parallel to floor

**Contact Information for Fit and Fall Proof
Exercise Classes in Your Area**

9

Health District 1: Coeur d'Alene

Joanna Adams

8500 N Atlas Rd.

Hayden, ID 83835

Phone: 208-415-5141

Health District 2: Lewiston

Deb Merica

215 10th St.

Lewiston, ID 83501

Phone: 208-799-3100

Health District 3: Caldwell

Carol Cowger

920 Main St.

Caldwell, ID 83605

Phone: 208-455-5300

Health District 4: Boise

Nancy Rush

707 N. Armstrong Place

Boise, ID 83704

Phone: 208-375-5211

Health District 5: Twin Falls

Elvia Caldera

1020 Washington St. North

Twin Falls, ID 83301

Phone: 208-737-5988

Health District 6: Pocatello

Cherie Nelson

1901 Alvin Ricken Drive

Pocatello, ID 83201

Phone: 208-233-9080 x315

Health District 7: Idaho Falls

Timalee Geisler

254 E. St.

Idaho Falls, ID 83402

Phone: 208-522-0310 x214

For more information, please call:

Idaho CareLine

Dial 2-1-1 or 1-800-926-2588

